

LIFESTYLES

HAWAII MARINE B SECTION

JANUARY 21, 2005

SKY D I V I N G

Climbing up to 14,000 feet in less than 10 minutes before jumping out of a perfectly good airplane is a thrill few experience in or out of the Marine Corps

Sgt. Joseph A. Lee
Combat Correspondent

Marines are thrill-hounds — we all know this.

But what is the ultimate thrill? If you ask some Marines in the reconnaissance field, they might say there is nothing that quite compares to a freefall from 15,000 feet.

Pacific Skydiving Center, located at the Dillingham Airfield, on the beautiful North Shore of Oahu, is offering a half-off deal for military members.

According to the staff at Pacific

Skydiving Center, when military members show their ID cards, they and their party are treated to a tandem jump at 50 percent off of the

normal cost of \$250.

"We offer our guests food, hot and cold beverages, coffee, and we even have a gift shop," said Guy Banal, owner and manager of Pacific Skydiving Center. "We have huge video and team rooms as well as a spacious covered packing area, and packers and riggers on staff. You can even see yourself on our big screen right after you dive, if you buy the video [seriously discounted for military members]!"

The experience starts by watching a video about skydiving in Hawaii, while customers fill out their paperwork. Then they are given a manifest number and introduced to their tandem dive master for their harness fitting.

"The staff was really friendly," said Jules Jannetes, a visitor from Vacaville, Calif. "The tandem instructor was really cool, and even let me control the parachute on the way down!"

In Hawaii on vacation, Jannetes and her husband, Roland, found skydiving to be an exciting new hobby

they plan on continuing.

"Unfortunately, Pacific

Skydiving Center said that they were no longer offering student courses, but there's a place in our hometown that will do it, so that should be fun. We had a great time though," said Jannetes.

"We are extremely proud to offer the King Air 100," said Banal, who claims it is the fastest jump aircraft in the Pacific, capable of climbing to 14,000 feet in less than 10 minutes.

As customers reach skydiving altitude of more than 14,000 feet, the excitement is felt all throughout the aircraft, as tandem jumpers receive coaching from their instructors. Then — it's go time! Staring down at the gorgeous North Shore of Oahu, skydivers take the plunge, with 60 seconds of freefall time, traveling at speeds in excess of 160 miles per hour.

"It was so intense!" said another customer, Josh Cambridge, of Natchez, Miss. "I couldn't believe how much control you have while you are plummeting through the sky. I was stoked!"

"We provide professional custom digital video and photography of your experience for you to share with family and friends, to keep forever," said Banal. "With the North Shore beneath you, Kaena Point to the northwest, Pearl Harbor to the southeast — you can even see Diamond Head, good luck seeing that view any other way."

To find out more about the Pacific Skydiving Center, call 637-7472, or visit www.pacific-skydiving.com.



Albert Moukoian, tandem master with Pacific Skydiving Center, carries his gear off the landing field after another successful jump.

Andrew Ross (left) and Sonya Beauchamp (right) of Aloha Skydivers come in together for a landing at Dillingham Air Field.

Photos Courtesy of Yesman



Albert Moukoian, tandem master with Pacific Skydiving Center, gives a shaka to cameraman Brian Grubert with a customer shortly after landing.



Zac Plevel, cameraman with Pacific Skydiving Center, comes in for his final approach.



Bundy Taylor of Pacific Skydiving approaches for a tandem landing while Brian Grubert, cameraman with Pacific Skydiving, records the memory.

New 7-Day Store focuses on service

Larger store promises greater convenience, better self-service food station

Yibeli Galindo-Baird
MCCS Marketing

If you’ve wondered about the construction taking place next to the Package Store on Lawrence Road, wonder no more. Opening this summer, a new 7-Day Store will welcome all convenience-item shoppers at its new, highly-visible location.

“This project will not only improve our service to the customer, but takes into consideration the patrons that live off-base by offering a convenient location to stop even on their way home,” said George Kelsey, Logistics Manager for the General Support Department.

Kelsey added that even guests staying at The Lodge at Kaneohe Bay will find the new facility meets their extended-stay needs easily thanks to its more easily accessible location and its

anticipated late-night hours of operation.

The new, modern 7-Day Store facility will combine Package Store and 7-Day Store services and, once merged, will take on the latter’s name.

The building will boast 11,900 total square feet, an area 40 percent larger than that occupied by the 7-Day Store at its existing location. The expansion will add 7,800 square feet to the Package Store’s current building, more than doubling its space.

Thanks to the additional room, merchandise currently available at both retail operations will be offered under one roof, along with a few more treats.

“We’ll have a self-service food section offering soups, beverages and snacks,” said Jason Hasegawa, manager of the 7-Day and Package Stores. “It will be a nicer set-up.” Popular menu

items from Napoleon’s Bakery and Zippy’s, including their well-known chili, will also be available at the new store. Subway will maintain its retail space in the same location.

The actual ground breaking took place in early January although pre-construction work was already visible during December. The project, under contract to Korte Construction, is on schedule and expected to continue through August, weather permitting.

Once construction is complete, the current 7-Day Store and Family Gym will be demolished. The vacated site will be home to a new Youth Activities Center, conveniently situated in the heart of the community and near Mokapu Elementary School.

The 7-Day Store construction is one of a series of renovation projects on base which promise to improve the quality of services

offered to Marines and Sailors stationed at MCB Hawaii, Kaneohe Bay, as well as family members and employees. Completed projects to date include the cart path alongside the Klipper Golf Course, the Cabanas at Hale Koa Beach and the Semper Fit Center at Puuloa.

Plans for customer-focused improvements at the 7-Day Store won’t stop once the relocation is complete. “We are actively pursuing a project for the addition of gas lanes to be built within several years, expanding our customer service even further,” added Kelsey, who is hopeful the project will become a reality.

While the neighboring construction may be distracting to Package Store customers, Hasegawa anticipates no disruption in the “world-class shopping experience” he and his staff are committed to providing their clientele.

Hours of operation at both the 7-Day and Package Stores will remain unchanged during the expansion.

For more information, call 254-7645.

MARINE CORPS COMMUNITY SERVICES

WWW.MCCSHAWAII.COM

Possibilities in Paradise



Kahuna's Bar & Grill
254-7660/7661

Latin Night at Kahuna's — Celebrate Aloha Friday tonight with the hot, upbeat rhythms of El Conjunto Tropical.

The dancing and live entertainment begins at 10 p.m., but come early for some great food and drinks.

AFC/NFC Games — Cheer on your favorite teams during the Championship Games Sunday.

Breakfast will be available starting at 7 a.m. Grab the gang, head down to the club and get into the team spirit.

Hawaii Championship Wrestling Live at Kahuna's — There's going to be a brawl at Kahuna's Community



SM&SP

SINGLE MARINE & SAILOR PROGRAM

All events are open to unaccompanied E-5 and below who are active duty Marines or Sailors. The SM&SP Office is located in Building 1629, inside the Kahuna's Recreation Center. Get more details on activities at www.MCCS-Hawaii.com under the “Semper Fitness” icon, or call 254-7593.

Upcoming Events

Scrapbooking 101: Learn the magic of scrapbooking on Jan. 19 at 6 p.m. Preserve your favorite photos for personal memories or as a gift.

Volunteering

Looking for free entrance to the Pro Bowl? The SM&SP can help. Volunteer for Hawaii's biggest Bowl with the SM&SP.

SM&SP Benefits

- At the Tennis Courts:* You can get into the swing of things with free tennis lessons Thursdays from 11 a.m. – 12 p.m. Call 258-8081 to make your reservations.
- At the Kaneohe Klipper Golf Course:* Practice your swing with freerange balls, club rental at \$5 per set, 9 holes of play for \$5, or 18 holes of play for \$9.

Ballroom Sunday but the MPs don't care. Why? Because it's Hawaii Championship Wrestling at Kahuna's! Beginning at 7 p.m., wrestlers will provide slamming entertainment for E-5 and below, for free! Yes, folks, we said free.

For details, call 254-7661.

Kahuna's and Super Brawl Presents K-Bay Full Contact Showdown — Nine fights, one night, only at Kahuna's Community Ballroom Jan. 28. Watch as contenders take each other on, in full contact, no holds barred action.

For more details, call 254-7661.



SNCO CLUB
at Kaneohe Bay

Staff NCO Club 254-5481

AFC/NFC Games — Cheer on your favorite teams during the Championship Games Sunday.

Grab the gang, head down to the club and get into the team spirit.

All Hands Texas Hold 'em Poker Tournament — Make your play at the Texas Hold 'em Poker Tournament.

The tournament begins at the Fairways Ballroom Jan. 29 at 8 p.m.

Be sure to come early to secure your spot at the table. For more details or to sign up, call 254-5481.

Super Bowl Party — The big game is on the big screen at the Rocker Room Feb. 6. The club opens at 11 a.m., and game time is 1 p.m. The cost is only \$5 for members, and \$8 for nonmembers.

The pupu menu includes hot wings, hoagies, chips and veggie platters. There will also be half-time prize drawings.



The Officers' Club
at KANEHOE BAY, HAWAII

Officers' Club 254-7650/7649

Super Bowl Party — Watch the game Feb. 6 in the comfort of the club and in the company and camaraderie of your friends. Tickets are \$12 for members, and \$14 for nonmembers. The club opens at 11 a.m., and kickoff is at 1 p.m.

The perfect Super Bowl pupus will be available including a fajita and

nacho bar, veggies, chili and more.

To sign up, call the club at 254-7641.



All Hands

Auto Auction — The Auto Skills Center holds an auto auction on vehicles it acquires and fixes up to working condition. Interested parties can inspect these cars, trucks or SUVs and place their bids in the ballot box inside the Auto Skills Center.

If you're in the market for a new vehicle, don't pay those high prices; visit the Auto Skills Center to see if it has just the deal you've been looking for.

Bidding on the vehicles below begins Monday and closes Feb. 7.

Year	Make	Model	Min.Bid
1987	Jeep	Wrangler	\$1,000
1987	Acura	Legend	\$200
1991	Jeep	Wrangler	\$1,200
1990	Chevy	Beretta	\$750

For more information about any of the above vehicles, call the Auto Skills Center at 254-7675.

Key Training — Key Volunteers serve as the connectors between Command and family members during deployments. Get connected at the January training session, to be held in Building 3022, Jan. 25 – 27, 5:30 – 9 p.m.

To register, call Karen Rochon at 257-2410.

L.I.N.K.S. Session — L.I.N.K.S. is a key program for helping spouses thrive in the military community. Newcomers to the military lifestyle or even MCB Hawaii are encouraged to attend the class in Building 3074 Jan. 25 – 26 from 9 a.m. until 12:30 p.m. each day.

To register, call Ashley Slavik at 257-2368.

Ongoing

Super Bowl XXXIX Wings — Hosting your own Super Bowl party? The club will have wing platters to go including 50 hot wings, bleu cheese dressing and celery.

Keep it simple, order a platter to go and pick it up at the club on Feb. 6. No hassles, no mess!

Place your order through Feb. 6. The cost is \$25.95 for The Staff NCO



and The Officers' Club members, and all E-5 and below. Nonmembers pay \$29.95. To order or for more information, call 254-5481.

Entertainment Books — The 2005 Entertainment Books with great discounts on all of your favorite activities and restaurants in Hawaii is on sale now. The books cost \$30 and are great gifts.

For more details, call Information, Tickets and Tours at 254-7563.

Fix it Yourself — Want to do a little work on your prized vehicle, but don't have the space or tools to get the job done? Cruise on over to the Auto Skills Center located at Building 3097, next to the 24-hour car wash, and utilize their tools to get your baby back in top form.

Certified Hawaii Safety inspections are also available weekdays from noon to 6 p.m. and weekends and holidays from 9 a.m. to 3 p.m.

Call 254-7674 for more information.

Mega Video — Check out these weekly rental specials.

Monday — Rent one new release, get one category movie free.

Tuesday — Rent a video game at regular price and rent a second one for \$2.50.

Wednesday — Rent three new releases (VHS or DVD), receive an extra day rental.

Thursday — Rent one DVD at the regular price, rent the second one for \$1.75 (includes new releases).

Friday — Rent family and children's movies for 75 cents (no new releases).

Saturday — Rent any basic stock movie (no new releases) for regular price and rent the second stock movie for \$1.25.

Sunday — Rent any Sunday Special movie for \$1. (Each week is a different section. See store calendar for selected section.)



Swing Lessons — Kahuna's Ballroom is teaching you how to dance. Every Monday, swing dance lessons will be taught from 7 to 9 p.m. The cost is only \$2 so grab a partner and get ready to twist, twirl and spin the night away.

For more info, call 254-7660.

Salsa Lessons — Impress her with your fancy foot and hip action. Take a few salsa lessons at Kahuna's Ballroom every Tuesday from 7 to 9 p.m. and you will be set to hit the town. Lessons are \$2.

For more details, call 254-7660.

Mongolian Barbecue — Don't feel like cooking dinner? Every Wednesday and Friday night, head out to The Officers' Club for Mongolian Barbecue and leave the work to the professionals.

Buffet style, select your favorite veggies and meat including chicken, shrimp, pork and beef; pile your bowl high, and kick it up a notch with a sauce of your choice. Then

watch the grill masters flip, sauté and grill your dinner to perfection.

Mongolian Barbecue is served every Wednesday and Friday at 5:30 p.m. For more details, call 254-7649.



Tradewind Travel — If travel is in your future, look to Tradewind Travel to book your next trip. Located in Mokapu Mall, Tradewind Travel can arrange mainland flights, interisland packages, Norwegian Cruises and most recently, a five-night Sydney, Australia package.

Tradewind Travel is open Mondays – Fridays from 10 a.m. to 6 p.m. and Saturdays from 9 a.m. to 2 p.m.

For more info, call 254-7413.

ASYMCA Playmornings — Children and parents are all invited to come have fun at the Armed Services YMCA “Playmornings.” Spend quality time with your children and get to know other families aboard the base. Playmornings is a facilitated parent-child program to encourage bonding within and amongst families.

Enjoy crafts, games, songs and fun at various locations across the base. The program runs Mondays through Fridays, from 9:30 to 11 a.m. at the following locations: Mondays at Hale Koa Beach, Tuesdays at the Youth Activities Building 5082, Wednesdays and Fridays at the Super Playground and Thursdays at Connor Loop Playground. In case of inclement weather, head to the Armed Services YMCA at Building 1638.

For more details, call 254-4719.

Looking for a Job? — Marine Corps Community Services employs more than 850 employees in retail, food and hospitality, fitness, child and youth activities, water safety, logistics and administration. Stop by the MCCS Personnel office located in Building 219. Get a job or career that suits your skills, schedule and style.

For more information, call 254-7619 or visit www.mccshawaii.com/jobs listings.html.

Family Child Care — Family Child Care is a home setting child care service provider operated by MCCS Personal Services with certified providers trained in child development, nutrition, guidance and more.

Family Child Care provides a flexible schedule including evenings, weekends, and overnight care. To find a Family Child Care Provider, call the Children, Youth and Teen Program at 257-7430. To become a Family Child Care Provider at MCB Hawaii, call FCC at 257-7030.

MOVIE TIME

Prices: Adults (12 and older) are \$3, children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. Sunday evenings, the price is \$1 for all patrons. Show your ID card at the box office.

Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

Shark Tale (PG)	Today at 7:15 p.m.
Blade: Trinity (R)	Today at 9:45 p.m.
Alexander (R)	Saturday at 7:15 p.m.
Shark Tale (PG)	Sunday at 2:00 p.m.
Flight of the Phoenix (PG-13)	Sunday at 6:30 p.m.
Blade: Trinity (R)	Wednesday at 6:30 p.m.
Ocean's Twelve (PG-13)	Friday at 7:15 p.m.
Flight of the Phoenix (PG-13)	Friday at 9:45 p.m.

Blood donors break record

As supply at Tripler Army Medical Center thins, more donors than ever walk in with open arms

Sgt. Joseph A. Lee
Combat Correspondent

The Kaneohe Officers' Spouses Club held the largest blood drive in Hawaii military history Tuesday at The Officers' Club as they rallied base residents and employees to donate as much blood as possible to support deployed Marines, Sailors, soldiers and airmen fighting the War on Terrorism.

According to Jen Wilson of the KOSC, the blood drive was a tremendous success.

"We gave Tripler [176] units of blood!" exclaimed Wilson. "They said this was their best blood drive ever. The only other close one was ... after Sept. 11."

Wilson, impressed with the number of people that turned up Tuesday, was there all day and claims the event went "perfectly."

"We originally had been worried about getting backed up, but it turned out to be right on task," said Wilson. "We got a little slower at lunch with a ton of walk-ins but everyone had a great attitude and so it just continued to go smoothly. I am so proud of the KOSC and all of the Marines."

Tripler Army Medical Center verified Wednesday that the KOSC blood drive was the largest donation on record at the Blood Donor Center; larger, in fact than the blood drive after

Sept. 11, 2001.

"We are very excited here at the Blood Donor Center," said Army Capt. Michael A. Bukovitz, officer-in-charge of the Tripler BDC. "This is confirmed as the largest blood donation ever recorded here at Tripler. The next largest (116 units) was also collected from the Marine Corps."

According to Trudy Lovejoy, KOSC coordinator, the KOSC and all the participating parties were extremely proud of the outcome, and are pleased that they did something to really make an impact in the Global War on Terrorism.

For Marines and Sailors of MCB Hawaii, donating the blood was seen primarily as just another part of their regular duties.

"We're Marines," said Cpl. Gage Adams, air traffic controller with Air Traffic Control Maintenance, Marine Corps Air Facility. "Our brothers and sisters out there need us, and it's our job to give them everything we can, even and especially our lifeblood in this time of need. We are Marines; that's just what we do."

"At the time of the blood drive, we were running short of some of our supply, and even the stock of blood we spent \$5,000 to buy from local blood banks was beginning to run dry," said Bukovitz. "It really did a lot for our supply, and it couldn't have come at a better time. Thank you to the KOSC, and thank you Marines."



Cpl. Megan L. Stiner

Cpl. Gage Adams, air traffic controller with Air Traffic Control Maintenance, Marine Corps Air Facility, remains calm and patient as Army Specialist Linh Ngo, lab technician inserts a needle to begin taking blood. Adams is one of the many individuals who donated blood during the Kaneohe Officers' Spouses Club Blood Drive at The Officers' Club, Tuesday.

CREDO, chapel gives Warriors a place to heal

Sgt. Jereme L. Edwards
Combat Correspondent

Marines and Sailors returning from tours of duty with Operations Iraqi and Enduring Freedom now have a place to come together and talk about their experiences. Chaplains Religious Enrichment Development Operation (CREDO) Hawaii and the Base Chapel have teamed up to offer The Returning Warriors Debriefing program, which is scheduled the first Thursday of each month at the Base Chapel from 1 – 2 p.m.

"The Returning Warriors Debriefing is a local program started here in Hawaii," said CREDO Director, Navy Chaplain (Lt. Cmdr.) Jeffrey Han. "The Warriors Transition is normally conducted in country whether it be Iraq, Afghanistan or Kuwait. Having served in OIF I, I was both a recipient of the transition briefs as well as the leader of quite a few."

"Warriors Transition is based after the critical incident stress model that a lot of civic workers such as police officers and firefighters undergo after a traumatic event has taken place. It basically allows the person to speak about what they've experienced. We have realized we can't ask brave, hard working people to go into harm's way and not expect them to be affected in one way or another, by what they see, do, smell or experience."

Han said the Warriors Transition ideally deals with how were things while you were in combat. He says they ask questions like, "What did you see?" "What did you do?" "What are some of the things you wish you could push from your mind?"



Sgt. J.L. Zimmer III

Navy Chaplain (Capt.) Donald F. Lerow (standing), Marine Wing Headquarters Squadron 3, 3rd Marine Aircraft Wing, gives a decompression brief to Marines and Sailors at Al Asad, Iraq, before they leave the theater. Hawaii's Returning Warriors Debriefing program was designed to follow up on Marines and Sailors who have returned, providing them an avenue to speak about their deployment experience.

But he also says they ask about the good memories.

"There are some good things that come out of combat, believe it or not — friendship, camaraderie, brotherhood and even a sense of accomplishment."

Han says ideally the Warriors Transition is done before the service members depart the theatre of operation, but that is not always possi-

ble.

"The Returning Warriors Debriefing is designed for service members who have been back from theatre for a while, whether it be 30 days or three months," said Han. "We ask, how have things been since you've been home? Have you had to make any hard adjustments? What's it like not being with your old unit?"

Han also says they talk about some of the

triggers that may set off bad memories.

"For some of the Marines and Sailors, who have been in the big thick of the gun fighting in the war, certain sights such as a graphic war movie, smells such as smoke, and noises such as the slamming of a car door or even firecrackers can bring back bad memories."

"What is important for them to know is this is a common thing," said Han. "Also, in the beginning some may not want to be around a lot of people. You might just need time to process what you've been through. These are normal reactions after being in a combat environment."

Han says that there are certain intangible benefits of attending the debriefing program.

"One great thing about the Returning Warriors Debrief is they meet other veterans," said Han. "It isn't a one-on-one or counseling or therapy. It is a group of 10 to 12 other Marines and Sailors, who quite possibly served in the same area."

Han says the attendees also walk away with a better understanding of what their own triggers may be, because triggers are different for everyone. Not only do they walk away with a better understanding of themselves, but they will also have at their disposal, a list of referrals for counseling, family services, chapel and Tripler and other options they can pursue if they want to talk.

"They will walk away with information about themselves, tools and referrals that can all help them," said Han.

For more information about The Returning Warriors Debriefing program, contact Navy Chaplain (Lt. Cmdr.) Jeffrey Han at 257-2919.

Many choices exist for off-duty education

Perry Lockhart

LIFELines.navy.mil/LIFELines.usmc.mil

One of the roads to self improvement is through education. The Navy and Marine Corps offer a variety of off-duty educational opportunities including GED, vocational and certificate programs, college degrees, professional military education (PME), tuition assistance, on- and off-duty programs, ACT, SAT, GRE, and distance learning.

Self-improvement and pursuit of professional growth are two ideal traits of today's service member. For today's military to succeed, personnel need to be smarter, technically oriented, well rounded and motivated to take time from their enormously busy work requirements to pursue personal and professional development.

One of the best ways to grow, both personally and professionally, is through education. Because the military hierarchy understands this, it devotes great effort, time and money to provide responsive, timely and comprehensive education opportunities for service members through off-duty programs.

In fact, military education programs have been on the cutting edge of innovation for many years, especially in distance learning programs, according to Susan Robinson, vice president and director of the Center for Adult Learning and Educational Credentials at the American Council on Education in Washington, D.C.

Whether you're interested in a high school diploma, undergraduate or graduate college degree, vocational training, professional military education, or a certificate program, as a Sailor or Marine you can participate in all of these programs when you're off-duty — and several of these programs are authorized for on-duty participation, such as the general equivalency degree (GED) for non-high school graduates who are currently in the service.

The first place to start any education pursuit should be the Navy college office or Marine Corps base education center. Online, the Department of Defense Voluntary Education Program gives you references, extensive links, and breaking news about education programs for Sailors and Marines.

Staff members at the on-base education center can show you what kind of assistance you can get and how to pay for your education, and they can provide access to admissions tests such as

the ACT, SAT, and GRE.

High School Diploma and GED Programs

If you're a Sailor or Marine who has not received a high school diploma, you're eligible for programs to obtain your diploma or its equivalent. The entire cost for this program will be paid by the military, including instruction, proficiency testing and credentialing. The base education center can provide enrollment information, testing, and class schedules.



On-site College Degree Programs

Navy and Marine Corps installations offer a wide array of college-level instruction. College education programs are offered through accredited universities and colleges of both local and national stature that have partnered with the military. They offer instruction leading to associate's, bachelor's, master's and doctoral degrees.

The programs are conducted at college satellite classrooms on base, usually in the evenings and on weekends. The instructors are employees of the organization for whom they teach. Many of these programs are offered on an accelerated status — your coursework is compressed into shorter periods than traditional schedules at a typical college or university.

Most of these on-base institutions have representatives in the base education center to answer your questions, provide admission and tuition requirements, and assist you with other needs.

See EDUCATION, B-5

WORD TO PASS

Convention Center Presents Slack Key Night

Hawaii Convention Center welcomes Hawaiian music enthusiasts to the first concert of the Hawaiian Music Night series, Slack Key Night, tonight at 7:30 p.m.

This first concert will feature slack key guitarists George Kahumoku, Ledward Kaapana, and Daniel Ho, as well as a surprise guest.

Cost is \$25 and includes complimentary pupus, punch and wine served during intermission. Parking is free and tickets can be purchased by calling 943-3500.



Lord of the Dance

on Feb. 14 at the Hawaii Theatre. The local competition offers a first place prize of \$1,000 and the chance to compete at the national convention of NSAL, which will be held at the Royal Hawaiian Hotel in May and will offer a grand prize of \$10,000.

The competition theme is "Acting for Comedy." Performance requirements have each contestant presenting two audition monologues or soliloquies from memory and in English. One selection must be from a Greek, Roman, Elizabethan, Jacobean, Restoration or 18th century British comedy or an English translation of a play by Moliere. The other selection must be from a recognized, published, modern or contemporary comic play of artistic merit and which is regularly performed (e.g., Albee, Checkov, Gurney, Simon, Hellman, Ionesco, Miller, Pinter, Wilde, Williams, etc.).

The competition is open to performers ages 18 – 29 (as of May 20) and the Hawaii deadline for entries is Jan. 31. For more information or an application, contact Sarah Richards at 791-1303 or sarah.richards@hawaii.rr.com.

"Lord of the Dance" Comes to Blaisdell Concert Hall in April

Michael Flatley's "Lord of the Dance," the theatrical extravaganza that has helped catapult Irish dancing into the global spotlight, comes to the Blaisdell Concert Hall April 29 through May 8 for 10 performances.

Tickets are priced at \$49 and \$59 except for the two matinees and Wednesday, Thursday night performances, when they are \$44 and \$54, plus applicable service charges. Tickets go on sale Saturday, at 9 a.m. at the Neal S. Blaisdell Box Office and all Ticketmaster locations, including Times Supermarket. For tickets, call toll-free (877) 750-4400 or log on to www.ticketmaster.com. There is a 10 percent discount for groups of 20 or more, available by calling 732-7733.

The show features 40 plus dancers who deliver an eloquent and stunning interpretation of one of

See WTP, B-6

Yoga Classes Offered to Integrate Whole Body's Needs

A "Conscious Eating and Yoga for You" class will be held Feb. 4 from 6 to 8 p.m.

Yoga is a way to integrate your body's needs, with your mind's capacity for relaxed focus and your heart's deep knowing. Share a yoga practice to bring awareness to the belly; let go of tensions at the end of the week; and be nourished with a simple bowl of brown rice, eaten in quiet.

The class will be held at the Kailua Shambhala Meditation Center, 2nd floor, Aikahi Shopping Center in Kailua.

To register, log on to www.hawaiiyogaandwellness.com, or call 232-8327.

Base Chapel Offers Relationship Enhancement Program

The Christian Prevention and Relationship Enhancement Program will hold a free workshop Feb. 12 from 9 a.m. to 4 p.m.

The program is a communication and problem solving skills workshop for married and engaged couples. It will be held at the Base Chapel (Building 1090). Materials and lunch will be provided free of cost.

To sign up or for more information, contact Chaplain Nestor Nazario at 257-3552 ext. 23.

Performers Invited to Enter Comedic Drama Competition

The Hawaii chapter of the National Society of Arts & Letters is sponsoring a comedic drama competition



Get Licensed

A motorcycle license says you've passed the test and you've got the basic riding skills. Unlicensed riders are over-represented in fatal crashes. So get to the DMV and earn your motorcycle license. It's your passport to adventure.
www.msf-usa.org • (800) 446-9227



Distance Learning Programs

Navy College Rating Partner Schools

The Navy has developed partnerships with colleges and universities to offer rating-related degrees via distance learning to enlisted Sailors. Through the program, Sailors can earn associate's and bachelor's degrees related to their rating, while making maximum use of military professional training and experience to fulfill degree requirements. Courses are offered through various technologies, such as CD-ROM, videotape, paper, or over the Internet.

One of the great benefits of attending school as an active duty Sailor or Marine is that you are eligible for tuition assistance. This pays a percentage of the tuition costs when you take courses in an off-duty status at an accredited college, university or vo-tech school leading to a certificate or an associate's, bachelor's, master's, doctoral or professional degree.

Tuition assistance pays 100 percent of tuition costs for courses required to get your high school diploma or GED. Also, you can use it for both classroom and independent study or distance-learning courses.

The Marine Corps Satellite Education Network (MCSEN) is a network of video teleconferencing systems located on Marine stations throughout the United States. Currently, it offers an associate degree in Paralegal Studies and undergraduate degrees in Criminal Justice and Paralegal Studies. MCSEN also offers the


ademic Skills Program (MASP). By MASP via MCSEN, the Marine Corps provides continuity and structure to learning and makes basic academic skills available to Marines worldwide.

Friday

Pork Ham Roast
Steamed Rice
Mashed Potatoes
French Fried Cauliflower
Chocolate Chip Cookies
Asst. Fruit Pies

Dinner
Beef Brogul
Fresh Baked
Cajun Fish
Mashed Potatoes
Rice Pilaf
Club Spinach
Mixed Vegetables
Chocolate Chip Cookies
Asst. Fruit Pies

Asst. Fruit



Peanut Butter Cake
w/Peanut Butter
Frosting
Asst. Fruit Pies



Dinner
Turkey Pot Pie
Sweet & Sour

Sunday

Brunch/Dinner
 Barbecue Beef Cubes
 Baked Turkey & Noodles
 Steamed Rice
 Ginger Molasses Cookies
 Spice Cake w/Cream Frosting

Monday

Lunch

Meat Loaf

Wednesday

Lunch
Pork Adobo
Beef Yakisoba
Pork Fried Rice
Vegetable Stir Fry
Oatmeal Cookies
Strawberry Shortcake
Asst. Fruit Pies

Dinner
Steak
Southern Fried Catfish
Mashed Potatoes
Baked Macaroni and Cheese
Oatmeal Cookies
Strawberry Shortcake
Asst. Fruit Pies

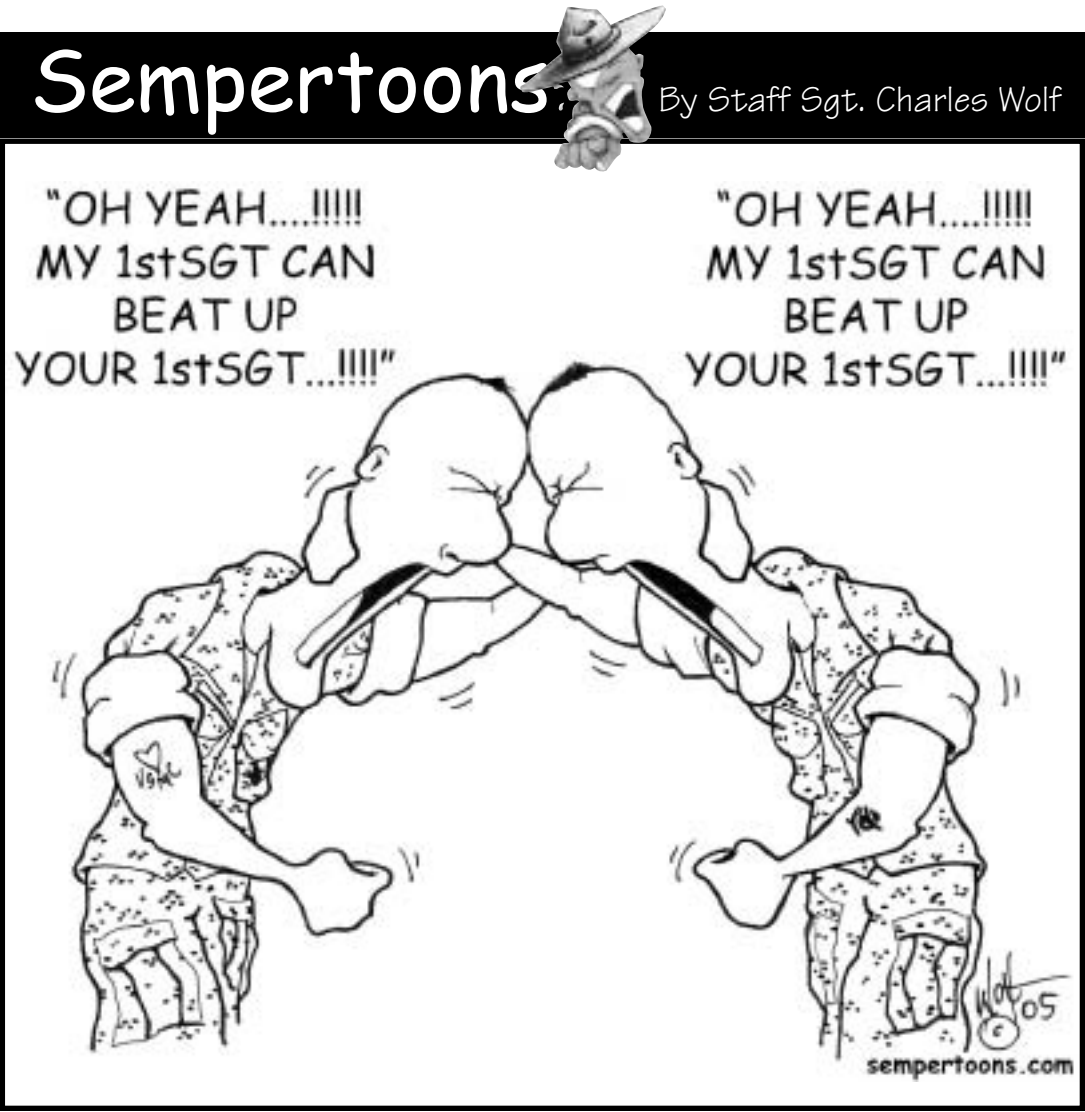
Specialty Bar
Country Bar

Thursday

Lunch
Turkey À La King
Beef Porcupines
Mashed Potatoes
Boiled Egg Noodles
French Fried Okra
Marble Cake w/Chocolate
Cream Frosting
Pineapple Upside-Down Cake
Asst. Fruit Pies

Dinner
 Braised Liver w/Onions
 El Rancho Stew
 Honey Ginger Chicken
 Rice Pilaf
 Boiled Egg Noodles
 Marble Cake w/Chocolate
 Cream Frosting
 Pineapple Upside-Down Cake
 Asst. Fruit Pies

Specialty Bar
Taco Bar



WTP, From B-4

Ireland’s most famous legends and passionate love stories. Shows are scheduled for April 19 at 8 p.m., April 30 at 3 and 8 p.m., May 1 at 3 and 7:30 p.m., May 4, 5 at 7:30 p.m., May 6, 7 at 8 p.m. and May 8 at 7:30 p.m.

Local Theatres Post Shows

If the play’s the thing for you, catch any one of the following performances:

- At Kennedy Theatre:* A traditional West Sumatran Randai folk play featuring martial arts, dance, singing, music, and pants-slapping percussion, “Luck and Loss” is a traditional coming-of-age story about love, gambling, and adventure. The University of Hawaii at Manoa is the only university in the world that produces Indonesian Randai in English. Tickets are on sale now for shows on Jan. 28, 29, Feb. 3 – 5 at 8 p.m. and Feb. 6 at 2 p.m. Tickets cost \$15 for general admission, \$12 for seniors and military, \$10 for non-UHM students and children and may be charged by phone at 956-7655 or purchased online at eticket hawaii.com.
- At the Army Community Theatre:* Set in the waning day of the American occupation of Saigon, the legendary “Miss Saigon,” is an epic love story between an American soldier and a young Vietnamese woman. Tickets are on sale now for the Feb. 24 – March 12 shows. Tickets range from \$14 to \$25, with group discounts available and can be ordered by calling 438-4480 or logging on to www.squareone.org/ACT.

Range Facility Promotes Marksmanship Proficiency

Kaneohe Bay Range Training Facility is hosting a recreational firing program to promote marksmanship proficiency and firearm safety Friday afternoons when not in conflict with unit training. This program is open to all active, reserve and retired military personnel and their guests aboard MCB Hawaii, as well as local, state and federal law enforcement personnel. The range will open for authorized personnel and their guests from noon to 3 p.m. on Fridays of scheduled marksmanship training weeks. The type of firing will rotate weekly among rifle, pistol and shotgun firing. Active duty Marines and Sailors stationed aboard MCB Hawaii are authorized to fire their Table of Organization weapons for practice during recreational fire. Individuals desiring to fire their T/O weapon during recreational fire must get a signed letter from their commanding officer authorizing the utilization of the weapon during a specific rec-fire event, and a limited technical inspection form — current within 30 days — must be completed by the individual’s armorer. No more than two firing guests, aged 14 and older, per military member will be allowed. Those interested in participating should call the range control office no later than the close of business the Wednesday prior to the rec-fire they plan to attend. For requirements and more information about the recreational fire program, call the Range Control Office at 257-3180.

MARINE MAKEPONO

HAWAIIAN FOR “MARINE BARGAINS”

Automobiles

’03 Nissan Frontier, black, with 28,000 miles. Kelly Blue Book price set at \$19,000. Asking \$17,000. Call 721-1948.

’97 Ford Expedition, with low miles, in great condition. Asking \$16,500 OBO. Call 224-5866.

’95 GT Mustang, with low miles, in great condition. Asking \$8,000 OBO. Call 224-5866.

Motorcycles

’99 Honda Shadow ACE 750cc, with 7,900 miles, saddle bags, waterproof motorcycle cover, in excellent condition. Asking \$4,250. Call 257-3204 or 254-3430.

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.

*Ads are free, should consist of no more than 20 words and will appear in two issues of the **Hawaii Marine**, on a space available basis. Those interested in advertising must bring a valid DoD-issued ID to the **Hawaii Marine** office.*

*The deadline for submitting ads to the **Hawaii Marine** is at 4 p.m. the Friday of the week prior to publication.*

Marine Makepono may be used only for noncommercial classified ads containing items of personal property. Ads must represent incidental exchanges, not of a sustained business nature, which are run on a first-come, first-served basis.

To renew an ad or for more information, call 257-8836 or 257-8837.